

New Hampshire Coronavirus Disease 2019 (COVID-19) Education and Childcare Partner Call

October 6, 2021

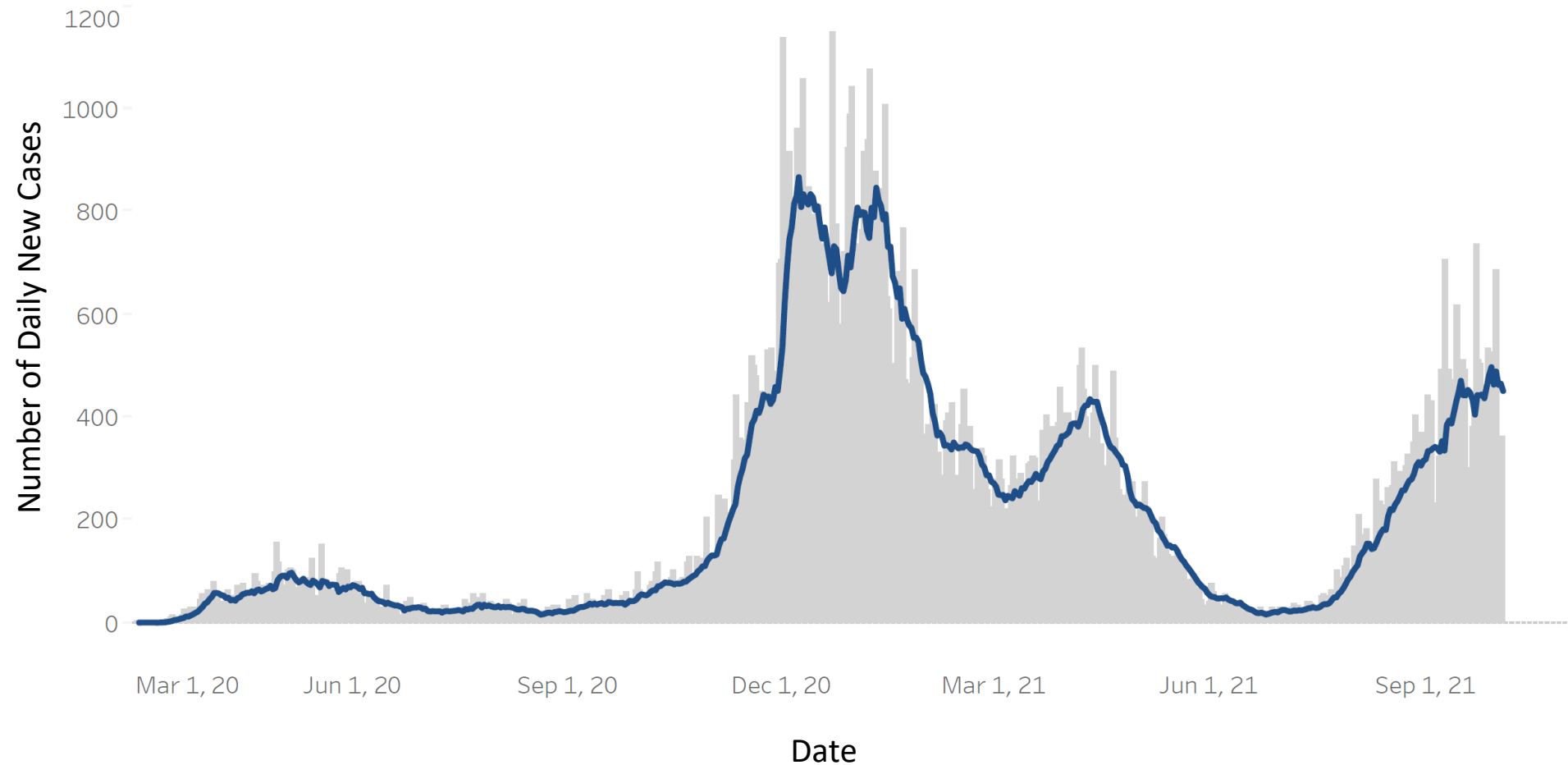
*Ben Chan
Elizabeth Talbot
Beth Daly
Lindsay Pierce
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Education and Childcare Partner Calls

- 1st and 3rd Wednesday of each month from 3:30-4:30 pm
- Webinar/call information:
 - Zoom link: <https://nh-dhhs.zoom.us/s/98062195081>
 - Webinar ID: 980 6219 5081
 - Passcode: 197445
 - Telephone: 646-558-8656

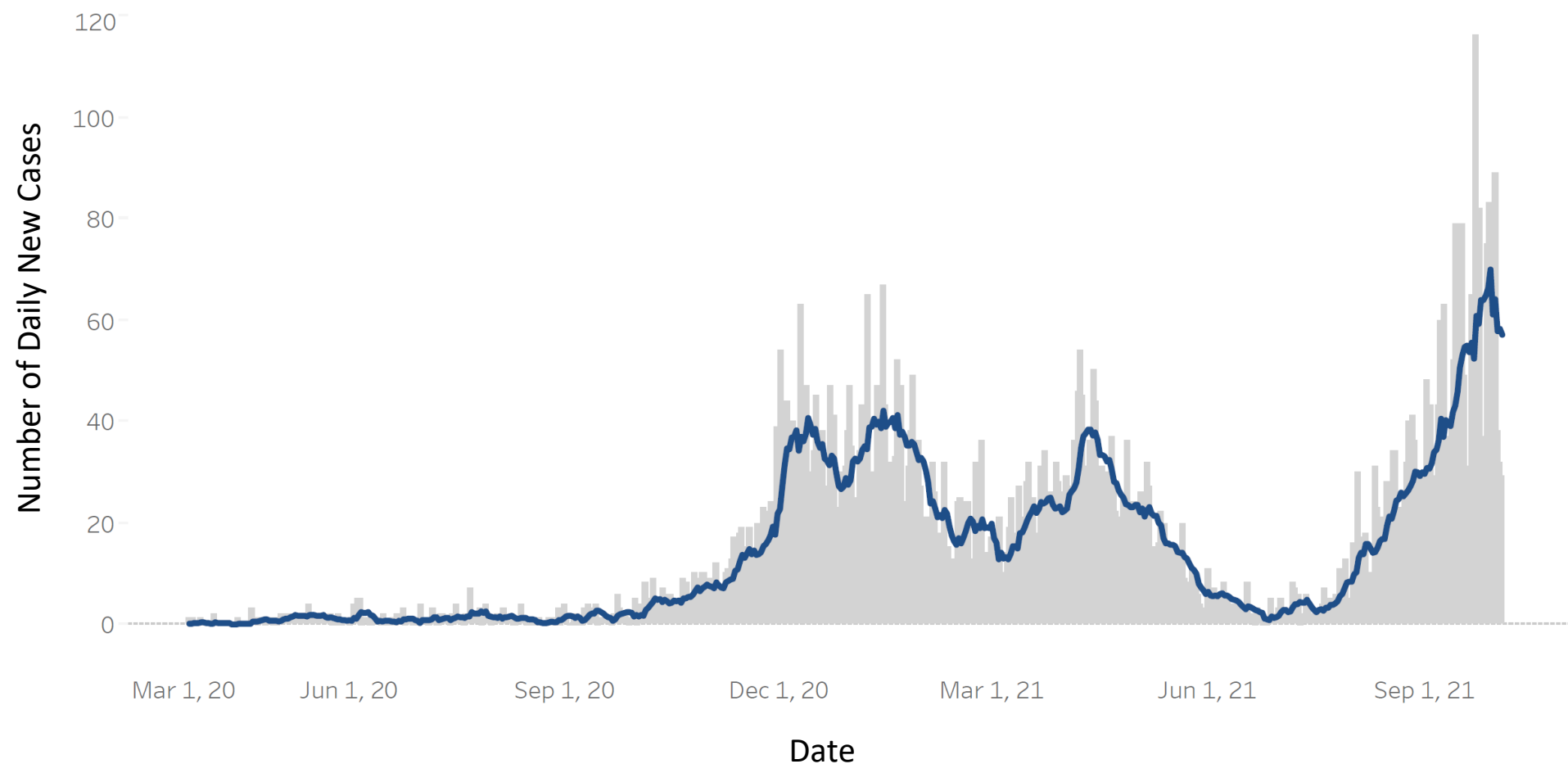
Epidemiology Update

Number of New COVID-19 Cases per Day in NH (All Ages)

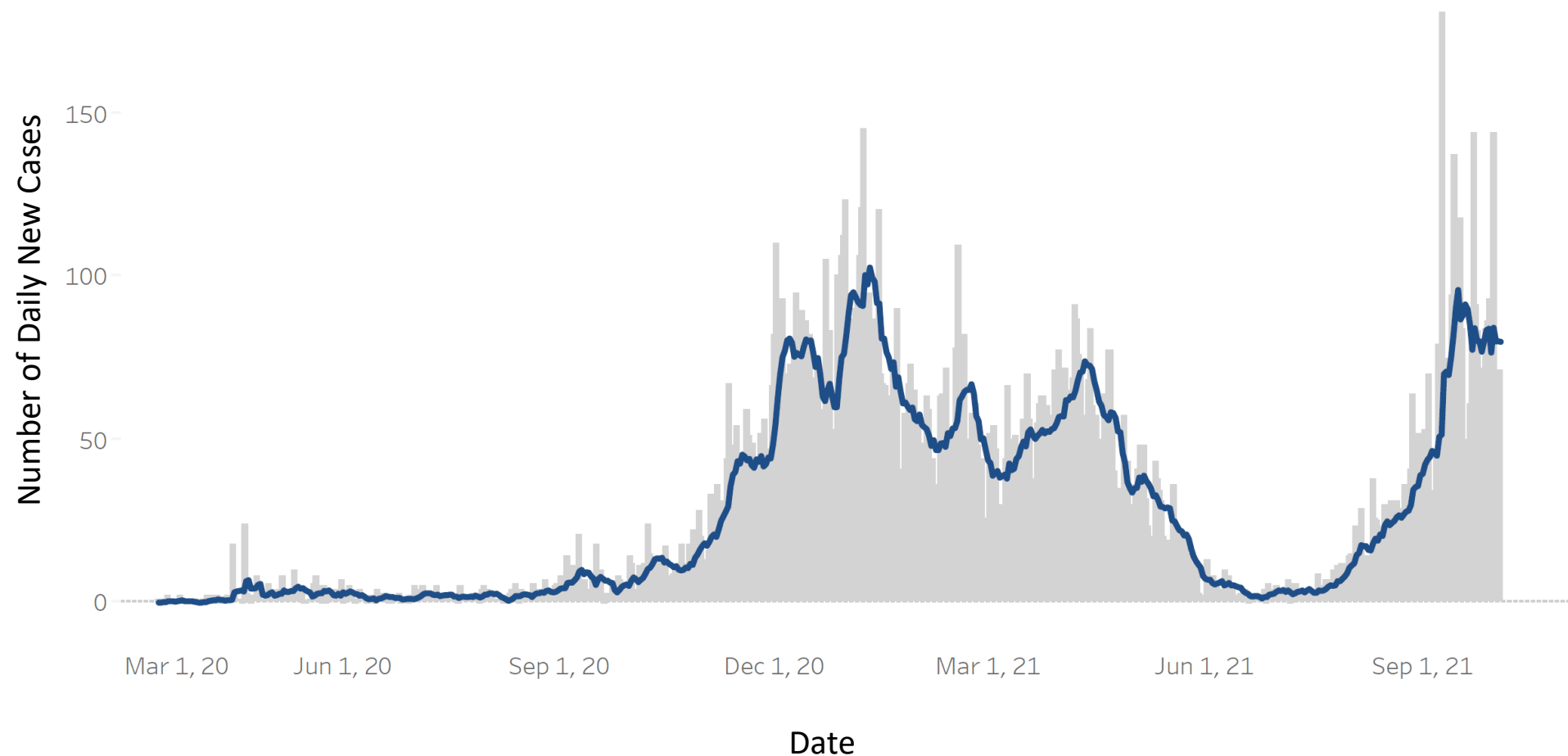


<https://www.nh.gov/covid19/dashboard/overview.htm#dash>

Number of New COVID-19 Cases per Day in NH (0-9 Year Olds)

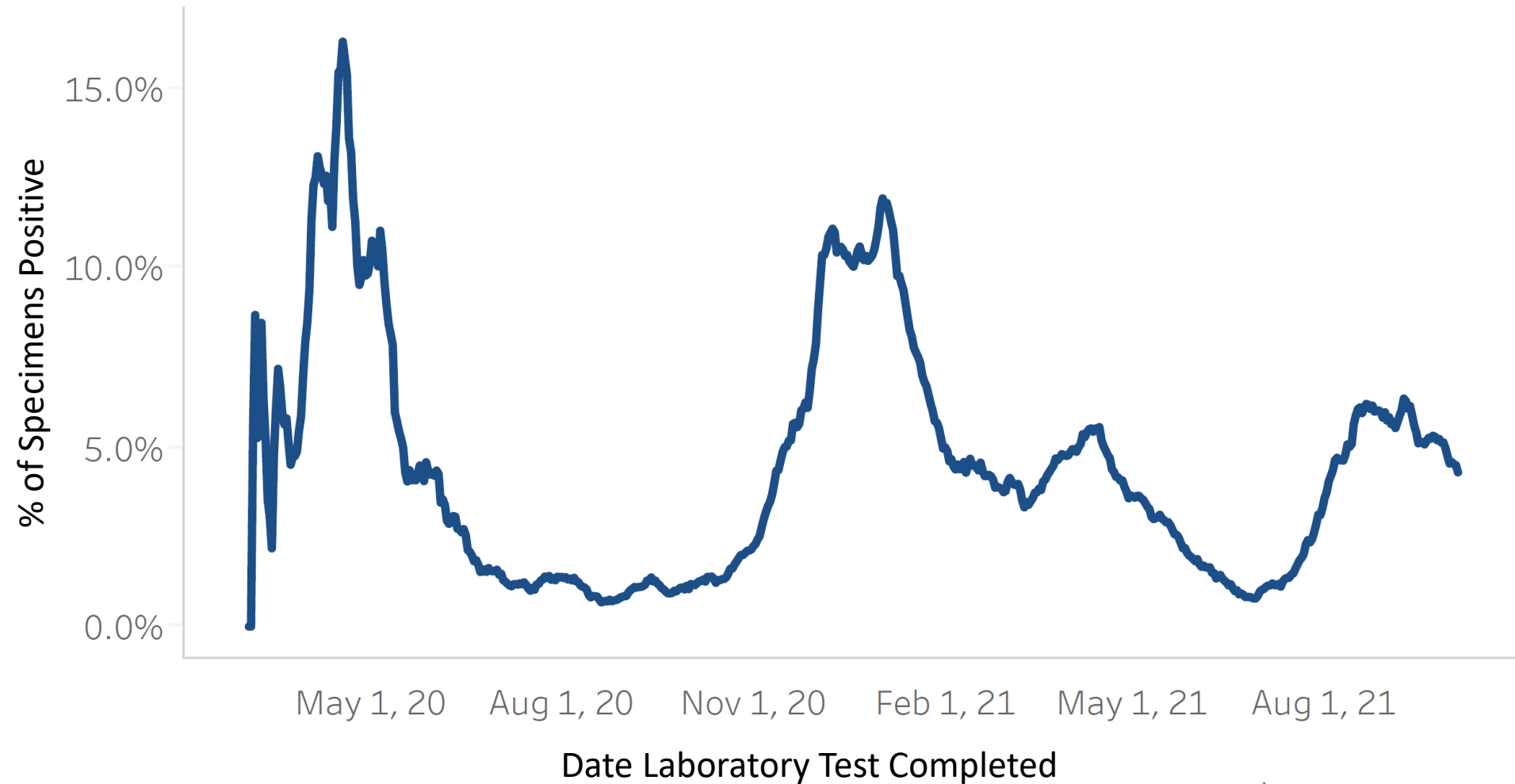


Number of New COVID-19 Cases per Day in NH (10-19 Year Olds)



<https://www.nh.gov/covid19/dashboard/overview.htm#dash>

% of Tests (Antigen and PCR) Positive for COVID-19 (7-Day Average)



NH's Community Transmission Metrics

Criteria	Level of Community Transmission		
	Minimal	Moderate	Substantial
Test Positivity (7-day average)	<5%	5 – 10%	>10%
Rate of New Infections (14-day total rate)	<50	50 – 100	>100

The community transmission level is assigned based on the highest level identified by either one of the criteria

COVID-19 Interactive Map

Select a Metric to View

- ☒ Current Level of Community Transmission
- ☐ Rate of New Cases per 100k Population (Last 14 Days)
- ☐ PCR Test Positivity Rate (Last 7 Days)
- ☐ Antigen + PCR Test Positivity Rate (Last 7 Days)
- ☐ Cumulative Antigen + PCR Tests per 100k Population (Last 90 days)
- ☐ New Cases (Last 14 Days)
- ☐ Cumulative Cases
- ☐ Rate of Cumulative Cases per 100k Population
- ☐ Active Cases
- ☐ Rate of Active Cases per 100k Population
- ☐ Cumulative Deaths
- ☐ Rate of Cumulative Deaths per 100k Population
- ☐ % of Cumulative Deaths by Cumulative Cases
- ☐ Cumulative Institutional Setting Cases
- ☐ % of Cumulative Institutional Setting Cases by Cumulative Cases
- ☐ Cumulative Long-Term Care Facility Cases
- ☐ % of Cumulative Long-Term Care Facility Cases by Cumulative Cases
- ☐ Cumulative Antigen and PCR Tests
- ☐ Cumulative PCR Tests
- ☐ Cumulative Antigen Tests
- ☐ Cumulative Antibody Tests
- ☐ % of Individuals Fully Vaccinated
- ☐ % of Individuals with at Least 1 Dose



County



Public Health Region



Town

Manchester and Nashua Included

Incorrect

14-Day Rate of New Infections: **66.9**

14-Day Rate of New Infections: **81.5**

Data Suppressed ([Why?](#))

Towns with population less than 100

Minimal

Moderate

Substantial

Data as of: 10/1/2021

[What do these colors mean?](#)

<https://www.covid19.nh.gov/dashboard/map>

COVID-19 Interactive Map

Select a Metric to View

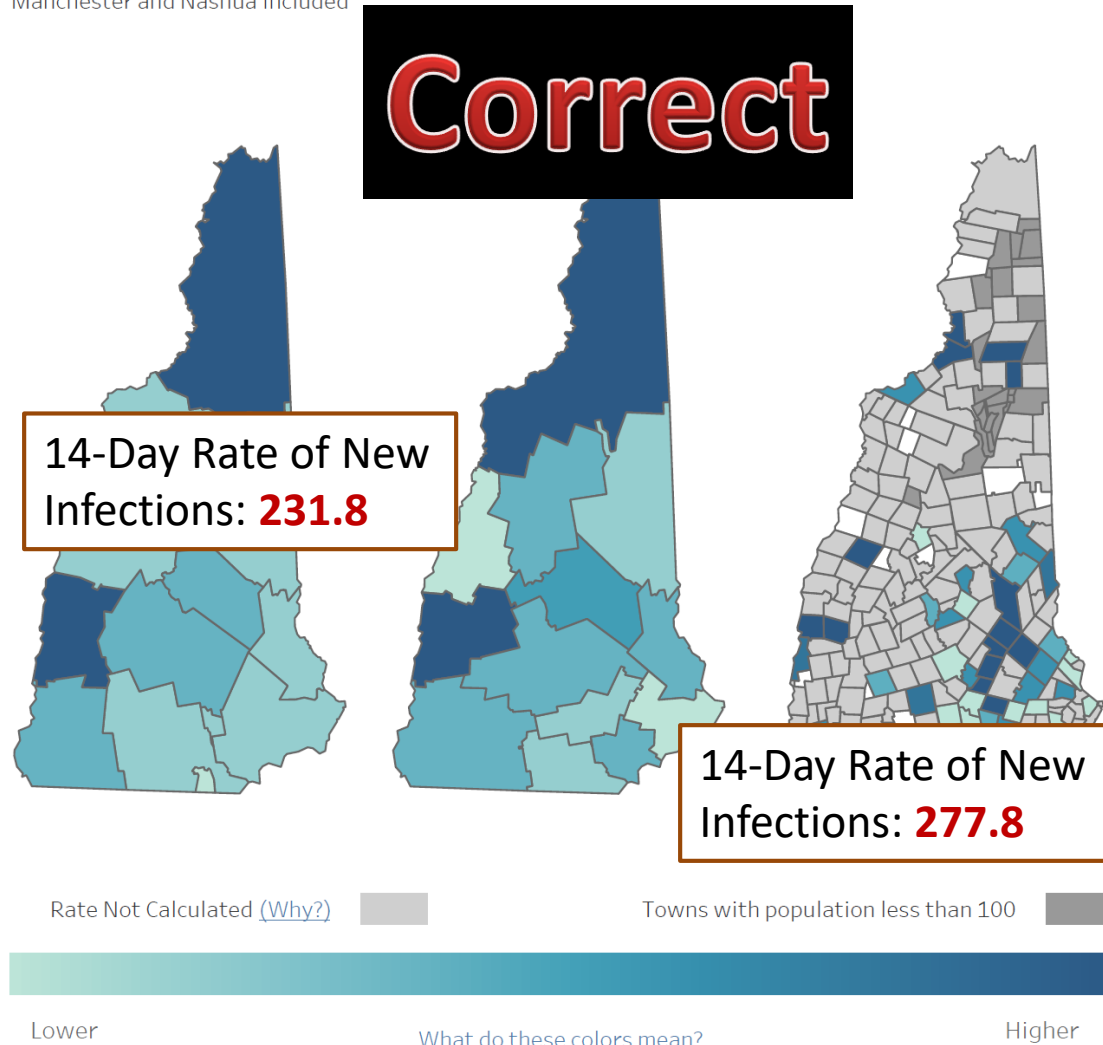
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County
Manchester and Nashua Included

Public Health Region

Town



Data as of: 10/1/2021

<https://www.covid19.nh.gov/dashboard/map>

Level of Community Transmission in NH

Statewide
Level of
Transmission

Substantial

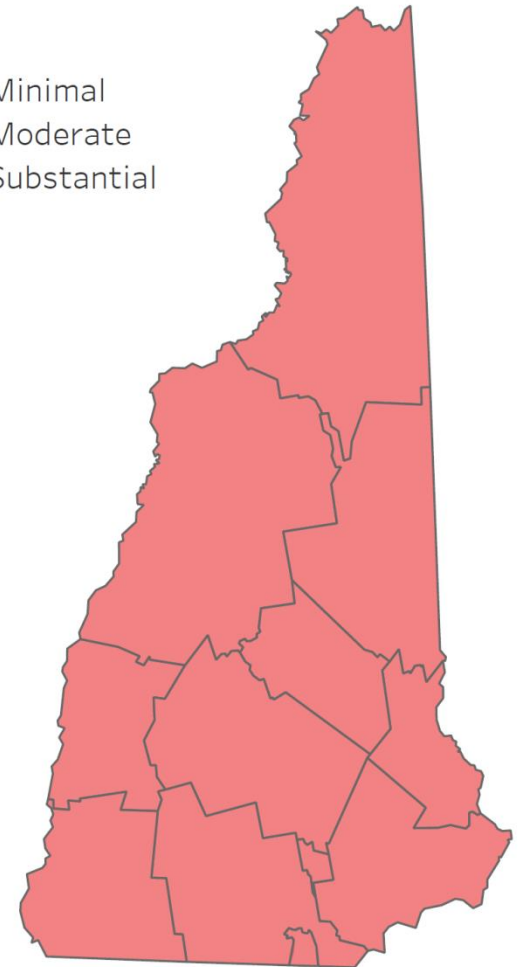
New Cases per 100k
over 14 days

469.1

7-Day Total Test
Positivity Rate

4.3%

Minimal
Moderate
Substantial



Data as of: 10/5/2021

K-12 School Clusters in New Hampshire

School Year	Total # Clusters	Total # of Infections Associated with Clusters	Total # of <u>Students</u> Associated with Clusters (%)	Total # of <u>Staff</u> Associated with Clusters (%)	Average # of Infections per Cluster
2021-2022 (Last ~5 weeks)	97	737	669 (91%)	68 (9%)	7.6

K-12 School Clusters in New Hampshire

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2021-2022 (Last ~5 weeks)	97	737	669 (91%)	68 (9%)	7.6
2020-2021 (Entire School Year)	110	693	464 (67%)	229 (33%)	6.3

Comments About Descriptive Epidemiology

- These cluster numbers do not necessarily mean that students/staff acquired their infection at school
- With the more infectious Delta variant predominating, we expect infections and clusters to be greater this year (esp. in unvaccinated populations)
- Likely infection numbers are under-reported because of the increasing availability of at-home test kits, the results of which may not routinely reported to NH DPHS
- These numbers DO highlight the need for schools and childcare programs to implement as many prevention strategies as possible to prevent in-school/childcare transmission

Prevention Strategies

New Studies on Risk of In-School Transmission

The Multiple Benefits of Strictly Applying Prevention Strategies

- Keep kids in school and childcare – the more infections that occur, the greater the loss of education for children
- Allow parents to continue to work – if a child is out sick, there may be a need for a parent to stay home
- Maintain school and childcare staffing – everybody is struggling with staffing capacity
- Continue to keep school and childcare resources focused on the core mission – not diverting resources to respond to cases and clusters
- Prevent people from becoming infected and the potential downstream health consequences (MIS-C, “long-COVID”, mental health impacts from isolation, etc.)

CDC's Key Prevention Strategies

- Promote vaccination
- Face mask use
- Physical distancing and cohorting
- Screening testing (K-12 schools)
- Increasing ventilation
- Handwashing and respiratory etiquette
- Staying home when sick and getting tested (updated [healthcare provider letter](#) to support testing)
- Isolation and quarantine
- Cleaning and disinfection

Face Mask Recommendations: Toolkit Update

NH DHHS Recommends face masks for any person who desires maximal protection for themselves or others, including people who:

- Have not been fully vaccinated
- Have a weakened immune system that makes them more susceptible to COVID-19, even after vaccination
- Want to protect a household member who is medically vulnerable or unvaccinated (i.e., to prevent the person wearing the face mask from picking up COVID-19 and bringing it home)
- Face mask recommendations do not extend to most outdoor locations, but school and child care facilities may consider for high-risk situations or activities (e.g., close/physical contact sports)

NH DHHS Recommends face masks for everyone when:

- Level of NH community transmission reaches “substantial” in the region where the school or child care program is operating
- Responding to cases or clusters of infection in a classroom or facility

All regions of NH (counties or public health regions) continue to be at a “substantial” level of community transmission – so we continue to recommend and highlight the importance of everyone wearing face masks in school and childcare facilities.

Association Between K–12 School Mask Policies and School-Associated COVID-19 Outbreaks — Maricopa and Pima Counties, Arizona, July–August 2021

- Studied the association between school mask policies and school-associated COVID-19 outbreaks in K-12 public schools
- School-associated outbreak was defined as two or more lab-confirmed COVID-19 cases among students or staff within a 14 day period
- 191 outbreaks: 8% in schools with early mask requirements, 33% in schools with late mask requirements, 59% in schools with no mask requirement
- The odds of a school-associated outbreak was **3.5 times higher** in schools with no mask requirements compared to schools with an early mask requirement

Pediatric COVID-19 Cases in Counties With and Without School Mask Requirements — United States, July 1–September 4, 2021

- CDC assessed differences in the county-level rate of pediatric COVID-19 cases in areas with and without school mask requirements
- Counties without school mask requirements experienced statistically larger increases in pediatric COVID-19 case rates after the start of school compared to counties that had school mask requirements ($p < 0.001$)
- Multiple linear regression analysis was used to control for age, race, ethnicity, population density, etc. and school mask requirements remained associated with lower daily rates of pediatric infections

Prevalence and Risk Factors for In-School Transmission in Massachusetts K-12 Public Schools, 2020-2021

- Assessed in-school transmission risk factors for COVID-19 cases identified in 70 schools from 8 school districts
- 435 index cases with 1,771 school-based contacts
 - 75% of contacts underwent SARS-CoV-2 testing; 39 (3%) of contacts tested positive
 - 10 (26% of positive contacts) had clear out-of-school exposures and were excluded from analysis
 - 29 (74% of positive contacts) were determined to be possible/probable in-school transmissions
- Secondary attack rate (SAR) was higher if:
 - The index case was a staff member compared to a student (RR 2.2)
 - The index case was tested because of identified close contact compared to routine asymptomatic testing protocols (RR 8.4)
 - The exposure occurred at lunch vs. elsewhere (RR 5.7; all lunch transmissions were staff-to-staff)
 - If both parties were unmasked vs. both masked (RR 7.0)

CDC's Key Prevention Strategies

- Promote vaccination
- Face mask use
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- Cleaning and disinfection

When Will Vaccination Be Available to Younger Children?

VRBPAC Meeting on Pfizer Data on Its COVID-19 Vaccine for Children 5-11

The FDA anticipates receiving a request from Pfizer to amend its emergency use authorization to allow the use of its COVID-19 vaccine in children 5 through 11 years of age. In anticipation of the request, the FDA is moving forward with scheduling an advisory committee meeting on Oct. 26 to inform the agency's decision-making.

<https://www.fda.gov/news-events/press-announcements/fda-hold-advisory-committee-meetings-discuss-emergency-use-authorization-booster-doses-and-covid-19>

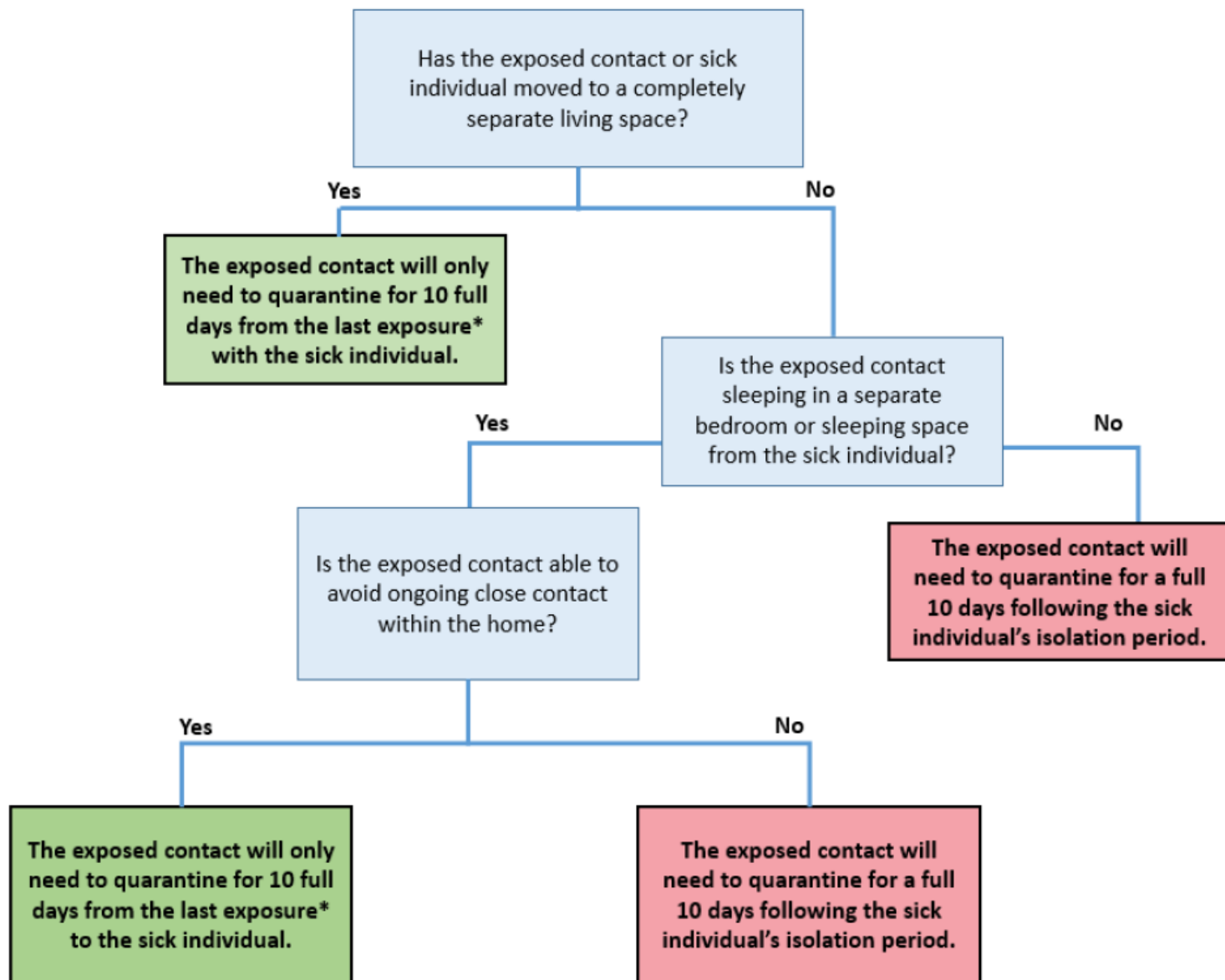
Who Should Isolate and Quarantine?

- **Isolate:** People who are diagnosed with COVID-19 need to isolate at home until they have met criteria for discontinuation of isolation
- **Quarantine:** Unvaccinated close household contacts of someone with COVID-19 should quarantine (e.g., people living or sleeping in the same household) – *10 day quarantine starts after the last day of exposure to the infectious person*
 - A person can begin their 10 day quarantine sooner if the household member with COVID-19 sleeps in a different room and avoids close contact with others in the home

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

Date the person with COVID-19 ends home isolation + 10 days = end of quarantine





*the last day of exposure will be considered day 0, quarantine will begin the next day (day 1).

Who Should Isolate and Quarantine?

- **Isolate:** People who are diagnosed with COVID-19 must still isolate at home until they have met criteria for discontinuation of isolation
- **Quarantine:** Unvaccinated close household contacts of someone with COVID-19 are still required to quarantine (e.g., people living or sleeping in the same household) – *10 day quarantine starts after the last day of exposure to the infectious person*
- **Self-Observe:** Non-household/community contacts and vaccinated household contacts are recommended to self-observe/monitor for symptoms, wear a mask for 14 days after a potential exposure, and get tested around day 5 after an exposure (even if asymptomatic)

Isolation Guide for People Who Have COVID-19

If you have **symptoms of COVID-19**, you should be tested so you can determine if you have COVID-19.
If you test positive for COVID-19, please follow these instructions.

1

Stay home

Self-Isolation: You must stay at your home and avoid other people out in public places - not even to the grocery store or to run errands of your home, and you may not invite others into your house to visit.

If you have symptoms of COVID-19 with your positive test, you need to:

- At least 10 days have passed since your symptoms first started AND

- At least 24 hours have passed since you had a fever (without acetaminophen or ibuprofen), and your symptoms are improving.

If you do NOT have symptoms but have a positive COVID-19 test:

- At least 10 days have passed since the date of collection of your test.

If you develop symptoms then follow the instructions for people with symptoms.

2

Tell your contacts

Household Contacts: Tell your household contacts about your quarantine for at least 10 days starting the day after their last exposure which is usually for ten days after the start of your symptoms (or have symptoms). If you don't stay separate from other people in your home, you need to self-quarantine for **longer than 10 days**. You should also clean and disinfect your home to protect others.

Contacts Outside Your Household: We encourage you to tell infection if you were in close contact with them at any point during symptoms (or two days before you tested positive, if you don't have symptoms). "Close contact" means you were closer than 6 feet to the person with COVID-19. These people should monitor themselves closely for symptoms and seek testing.

- You may provide your non-household contacts the public health instructions on monitoring for signs and symptoms for COVID-19.
- If you have questions about talking to your non-household contacts as part of a potential outbreak, please call the NH Department of Health at 496.

3

Take care of yourself

Support While in Isolation: Reach out to your healthcare provider for worsening of symptoms. Isolation can be lonely. Connect with others by email. Seek help from others to safely provide you and your household isolation. If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

If you have a medical emergency, call 911. Tell them that you have COVID-19.

- Please review these resources to help keep your home clean and safe:
- [What to do if you are sick and Caring for yourself at home](#)
- [Cleaning and disinfecting your home](#)
- [Coping with stress](#)

***Household Contact:** any individual who lives and sleeps in the same indoor space as someone with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs at sleep-over events, shared camp cabins, vacation rentals, etc.

This document is available online at:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid-19>

Quarantine Guide for Unvaccinated People Who Have COVID-19 in their Household

If you are unvaccinated and have been identified as a household contact to someone who is at risk of developing COVID-19 in the 14 days after you were exposed, and you live in a household where someone has COVID-19, you should follow these instructions. This includes situations where there may be temporary but prolonged exposure such as occurs at sleep-over events, shared camp cabins, vacation rentals, etc.

1

Stay Home (Quarantine) for 10 days from last exposure

- You should stay at your home and avoid other people for 10 days after your last exposure to someone with COVID-19 while they are considered infectious (their 10-day quarantine period sooner if the person with COVID-19 sleeps in a separate room or you avoid ongoing close contact in your home).
- You should not go out in public places - not even to the grocery store or other people outside of your home, and do not invite others into your home.
- Wear a facemask** to protect those around you.

As long as you don't develop symptoms of COVID-19, you can stop quarantine the day after your last exposure to the person with COVID-19.

2

Get tested*

- Get tested 5 - 7 days after your last exposure to a person with COVID-19 using a PCR-based test on a nose swab. You can find testing locations on the [guidance](#) webpage.
- A negative test does NOT mean that you can end quarantine early (you still need to stay home for 10 days after your last exposure even if you're not showing symptoms and protect others around you).
- If you test positive for COVID-19, then you need to follow the instructions for people with symptoms.

3

Monitor for symptoms

- Take your temperature. You should do this twice a day for 14 days after your last exposure to someone with COVID-19, and take your temperature anytime you feel like you are getting sick.
- Monitor yourself closely for other potential symptoms of COVID-19 such as fever, cough, shortness of breath, body symptoms (fatigue, chills, muscle aches, or diarrhea, even after you end your quarantine).
- If you develop any symptoms of COVID-19: Seek medical advice and get tested. If you have a medical emergency, call 911. Tell them that you are under quarantine. Please review these resources to help keep your home clean and protect others: [What to do if you are sick](#) | [Caring for yourself at home](#) | [Cleaning and disinfecting your home](#) | [Coping with stress](#)

4

Take care of yourself

Reach out to your healthcare provider or seek emergency care if you have symptoms. Isolation can be lonely. Connect with others through phone, video chat, text, or email. Seek help from others to safely provide you and your household food and supplies you need while in isolation, call 211 (TTY: 603-634-3388).

If you have a medical emergency, call 911. Tell them that you are under quarantine.

Please review these resources to help keep your home clean and protect others: [What to do if you are sick](#) | [Caring for yourself at home](#) | [Cleaning and disinfecting your home](#) | [Coping with stress](#)

***You do NOT need to stay home (quarantine) for 10 days but it is recommended that you develop symptoms, and to wear a mask in public indoor settings for 14 days after your last exposure.**

- You are fully vaccinated against COVID-19 and more than 14 days have passed since your last exposure to someone with COVID-19.
- You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, then you still need to follow all of these instructions).

This document is available online at:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid-19>

8/5/21

Self-Observation Guide for People Exposed to COVID-19 Who Are Not Required to Quarantine

If you were in close contact* with someone with COVID-19 in the community (non-household contact), you should follow the instructions below. If you are a household close contact** with someone with COVID-19 but you are fully vaccinated, you should also follow these instructions.

1

Monitor for symptoms

Monitor yourself closely for potential symptoms of COVID-19 for 14 days after your exposure, including: fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), whole body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea

2

Get Tested and Wear a Face Mask in Indoor Public Places

If you live or sleep in a shared space with someone diagnosed with COVID-19 (household close contact) and you are fully vaccinated against COVID-19, you do not need to quarantine. You should get tested for COVID-19 with a PCR-based test 3-5 days after your exposure (even if you do not have any symptoms). You should also wear a facemask in indoor public settings for 14 days, or until you receive a negative test result.

If you had close contact exposure to someone diagnosed with COVID-19 in the community (non-household close contact), you should also consider following the above recommendations for testing and face mask use (even if you do not have any symptoms).

3

If you become sick

If you develop any symptoms of COVID-19, you should:

- Stay home and **isolate** from other people, including those you live with
- Seek medical advice for any concerning symptoms - call ahead before you go to a healthcare provider's office or emergency room, and tell them you were recently exposed to COVID-19
- Get tested for COVID-19 - you can find testing locations [here](#)
 - If you test negative, you should still stay home until you are fever-free for at least 24 hours (off any fever-reducing medications) and other symptoms are improving
 - If you test positive, you should follow the instructions found in the [Isolation Guide](#)

4

Take care of yourself and others

Additional things you can do to keep yourself and others healthy are:

- Get fully vaccinated against COVID-19
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol
- Avoid touching eyes, nose and mouth with unwashed hands
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing
- Attempt to stay 6 feet away from others and wear a facemask when in indoor public locations to protect yourself and others from COVID-19

***Close contact** being within 6 feet of a person with COVID-19 for a cumulative time of 15 minutes or more within a 24 hour period.

****Household Contact:** any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs at sleep-over events, shared camp cabins, vacation rentals, etc.

Contact 211 with COVID-19 questions.

TTY: 603-634-3388

8/5/2021

Are Schools and Childcare Expected to Conduct Contact Tracing on Their Own?

- NH DPHS is focusing on investigating clusters/outbreaks and NOT conducting contact tracing for individual cases & community exposures
- Schools and childcare programs should identify who may have been exposed to a person with COVID-19 in a classroom setting and provide them with the [Self-Observation Guide](#) instructions

Should We Report Individual Cases to NH Public Health?

Yes, please report single cases

- Your report may be the only way we know a “case” is associated with your facility
- NH RSA 141-C and He-P301 mandate reporting of suspect and confirmed cases by healthcare providers and labs. If a school is conducting testing, the school is considered the reporting provider
- Report by either:
 - Calling 603-271-4496
 - Completing the [COVID-19 Case Report Form](#), fax to 603-271-0545

Information needed:

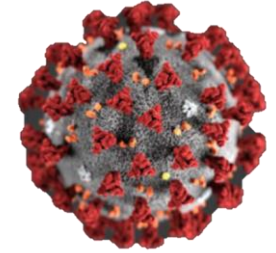
- Name of person
- Date of birth
- Home address
- Parent name and phone number
- Name of school
- Date of symptom onset
- Date of test (and test type, if known)
- Date person was last onsite (i.e., was the person onsite at the facility in the 14-days before symptom onset/test date?)

Comments from Others

Q&A

Education and Childcare Partner Calls

- 1st and 3rd Wednesday of each month from 3:30-4:30 pm
- Webinar/call information:
 - Zoom link: <https://nh-dhhs.zoom.us/s/98062195081>
 - Webinar ID: 980 6219 5081
 - Passcode: 197445
 - Telephone: 646-558-8656



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